

# Chinese Chicken Salad

**Makes:** 8 servings

Use up a large head of cabbage from the farmers' market or grocery store with this recipe. The bell pepper and green onions bring a variety of flavors while the chicken and peanuts add protein.

## Ingredients

- 1 Ramen noodles (oriental flavored)
- 4 **1/2 cups** cabbage (shredded or cabbage salad mix)
- 1/4 cup** scallions (minced)
- 1/2 cup** bell pepper (red or green)
- 2 chicken breast (cooked, and chilled, cut into cubes)
- 1/2 cup** peanuts (dry roasted, unsalted)
- Dressing:
  - 1 **teaspoon** sugar (optional)
  - 1 **tablespoon** olive oil
  - 1/4 cup** vinegar (rice or white wine)
  - 1 **teaspoon** Ramen noodle flavor packet

## Directions

1. Rinse coleslaw and drain, set aside.
2. Break up noodles. Set aside.
3. In a small bowl make dressing with sugar, vinegar, olive oil and flavor packet. Stir well.
4. In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cooked chicken and coleslaw.
5. Pour on the dressing and combine. Sprinkle noodles on top.

## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>190</b>    |
| <b>Total Fat</b>          | <b>10 g</b>   |
| Saturated Fat             | 2 g           |
| Cholesterol               | 20 mg         |
| <b>Sodium</b>             | <b>360 mg</b> |
| <b>Total Carbohydrate</b> | <b>16 g</b>   |
| Dietary Fiber             | 3 g           |
| Total Sugars              | 3 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>11 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | N/A           |

6. Serve cold.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes